



## First Friday Update July 2025 SCDC

*The First Friday is being sent a day early due to the July 4<sup>th</sup> holiday.*

### Learn About Goat Therapy

Our Thursday, August 7<sup>th</sup> monthly meeting will be at the Goat Sanctuary, 353 S. Ridge Rd. in Castle Rock, CO 80104 from 10:00 to 11:30 a.m. The meeting is free and open to the public.

**Presenter:** Jim Naron, Executive Director of Goat Walkabouts

**Description:** Goat Walkabouts provides a unique therapy option for individuals with dementia, Down Syndrome, PTSD, and other challenges by establishing meaningful connections between them and rescued Nigerian Dwarf goats.

*"I am a Colorado native! I believe in the therapeutic power of goats after witnessing it first-hand, time and time again. I am very proud to usher in new therapy concepts and change the way humans think about goats. I am dedicated to demonstrating this miraculous concept every single day!" – Jim Naron*



### Join the Brew Tour

Kick off the 2025 Douglas County Libraries (DCL) Brew Tour with an epic event! Enjoy some local brews and fun giveaways while listening to live music on Aloha Plaza West, and earn your first points toward this year's Brew Tour! This event is for ages 21+ and attendees need to register for the [Brew Tour](#) prior to attending.



## Serve on a County Board, Committee or Commission

Douglas County is actively seeking volunteers to fill vacancies on a variety of boards and commissions. If you have interest in volunteering, [apply online](#) to fill one of the following vacancies:

- Board of Health (three alternates)
- Cultural Council (District I and III)
- Historic Preservation Board (District III)
- Fair Board (two openings)
- Noxious Weeds Advisory Committee (5 at-large openings)
- Parks Advisory Board (District I and III)
- Planning Commission (District I and II)
- Open Space Advisory Committee (District I and at-large)
- Water Commission (alternates in all Districts)

## Douglas County Hall of Fame

Recently, 93-year-old Dale Erickson was added to the Douglas County Hall of Fame. He was drafted into the Army decades ago as a young man. He proudly served and then chose to stay active in Veterans' causes for most of this life. [Watch this video](#) to learn about his journey as a veteran and lifelong volunteer who has helped shape our community. To view other nominations or to nominate someone, please visit [Douglas County's website](#).

## Online Resources Guide now available

Are you looking for resources for yourself or a loved one? We could all use a little extra support from time to time. The Board of Douglas County Commissioners prioritizes providing a safety net that protects vulnerable individuals and promotes self-sufficiency. That's why we've developed a list of [resources](#) for all ages across Douglas County that focus on the following needs:

- Education Services
- Employment Services
- Healthcare Services
- Housing Services
- Mental Health Services
- Social Services

- Specialized Programs
- Support Services
- Public Services and Safety

## Douglas County Fair & Rodeo July 25 – August 3

Whether you have been to the Douglas County Fair & Rodeo, or if this is your first time, there are so many different family-friendly events for all ages to choose from. With carnival rides, delicious food, 4-H competitions, mutton busting, bull riding, barrel racing, and much more, you will want to make sure to mark your calendar so that you don't miss out! Visit the [website](#) for details on when the action is taking place, as well as ticket prices from July 25 through August 3. Country artist Dustin Lynch with special guest Lakeview will be live in concert on Friday, July 25.



## Vintage & Vibrant (V&V) 2025 Planning Update

This month we're putting the finishing touches on the event program and will be sharing information on the presentations and speakers very soon. You'll be pleasantly surprised at the variety of topics and interactive activities ranging from thought-provoking to fun.

And, of course, none of this would be possible without the generosity of our event partners. We will highlight three of our Platinum Partners in this edition. These great partners will be at V&V 2025 on September 17<sup>th</sup>, and we encourage attendees to visit their tables and express appreciation for their support.

- **Douglas County Libraries** – Among the many programs and activities offered, one of special note is [“Ageless Adults”](#) because as they say, “curiosity never retires”.
- **Seven Stones - Chatfield (Botanical Garden Cemetery)** – Colorado's natural beauty is enhanced by sculptures, waterfalls, and inviting pathways honoring the lives of loved ones in a most healing way. Visit [Seven Stones](#).
- **Visiting Angels of Littleton** – Since opening in 2004, kindness, integrity and compassion are among its core values in providing the quality of care loved ones deserve. Learn more about [Visiting Angels](#).

## **Staying Safe in Hot Weather**

Summer in Douglas County offers many opportunities to enjoy parks and open spaces. It's an important time to [avoid extreme heat and be safe](#).

## **Sunday Salmon – A Great Meal Helps Build Community**

For years Mary Grothe made a special meal on Sunday for her family. Recently, she began her mission to build community by offering a free, healthy, delicious meal to residents. [Sunday Salmon](#) is open to the public by reservation most Sundays and features salmon or chicken, sides and a small dessert, plus drinks. There is no charge, but donations are thankfully received. The meal is gluten free and prepared by volunteers. Table seating is shared. Once a month on Thursday, Sunday Salmon offers a Thanksgiving-type meal.

## **Walk to End ALS**

Registration is underway for a fundraising walk scheduled for September 21<sup>st</sup> in Castle Rock to help end ALS. Details are available at [Paul's Mystery Ship to End ALS](#).

## **Colorado Beef Festival August 9**

Get ready for a cook-off like no other! Chefs and ranchers will battle it out on August 9<sup>th</sup> from 3 to 9 p.m. at Metropolitan State University. [Tickets](#) are available for purchase.